

KEEP TRACK OF YOUR HEALTHCARE TEAM.

■ Primary Care Physician _____

Phone _____

■ Pain Specialist _____

Phone _____

■ Nurse _____

Phone _____

■ Social Worker _____

Phone _____

■ Pharmacist _____

Phone _____

■ 24-hour Pharmacy _____

Phone _____

■ Other _____

Phone _____

Take note of other resources you turn to for pain relief (e.g., massage therapist, nutritionist, fitness center):

Remember, YOU are a central part of your healthcare team.



American Pain Foundation

A United Voice of Hope and Power over Pain